

AN ORANGE IN JANUARY

BY DIANNA HUTTS ASTON

CALIFORNIA CONTENT STANDARDS

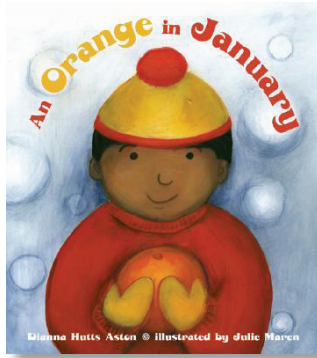
Kindergarten: Reading Comprehension 2.2 Use pictures and context to make predictions about story content. 2.3 Connect to life experiences the information and events in texts. 2.4 Retell familiar stories.

Grade One: Reading Comprehension 2.1 Identify text that uses sequence or other logical order. 2.2 Respond to who, what, when, where, and how questions. 2.3 Follow one-step written instructions.

Grade Two: Reading Comprehension 2.4 Ask clarifying questions about essential textual elements of exposition (e.g., why, what if, how). 2.5 Restate facts and details in the text to clarify and organize ideas. 2.7 Interpret information from diagrams, charts, and graphs.

Grade Three: Reading Comprehension 2.3 Demonstrate comprehension by identifying answers in the text. 2.4 Recall major points in the text and make and modify predictions about forthcoming information. 2.5 Distinguish the main idea and supporting details in expository text.

Grade Four: Reading Comprehension 2.1 Identify structural patterns found in informational text (e.g., compare and contrast, cause and effect, sequential or chronological order, proposition and support) to strengthen comprehension. 2.3 Make and confirm predictions about text by using prior knowledge and ideas presented in the text itself, including illustrations, titles, topic sentences, important words, and foreshadowing clues.



GRADES: K - 4

READING LEVEL: 3.6

OBJECTIVES:

1. List 3 benefits of buying fruits and vegetables "in season."
2. Sequence the stages in the life of an orange.
3. Name 3 characteristics to look for when selecting a fresh orange at the market.

ABOUT THIS LESSON...

Plump, juicy oranges are one of the great pleasures of winter—and one that is usually taken for granted. A celebratory picture of a plant's growth cycle, this story describes how fresh produce, harvested in the winter, finds its way to the grocery store shelves and into our tummies!

LET'S DEFINE THE WINTER

Discuss the winter season. What makes the winter what it is (e.g., cold temperatures, warm clothes, bare trees, brown vegetation, common colds, holidays, etc.)? What are some fresh fruits and/or vegetables they might associate with the winter season (citrus fruit, persimmons, pomegranates, cabbage, root vegetables, winter squash)? Write down all of these characteristics of winter on the board. Students can use these to create a Circle Map®, helping them to define and describe winter.

AN ORANGE... IN JANUARY?

Show the book to the class. What do they think the book will be about? How can you have a fresh orange in January when much of the plant life outside is brown, and the weather is cold? Read the book to the class.

What did the story reveal about the time of the year oranges are "in season"? The "season" of a fruit or vegetable refers to the times of year when it's at its peak, in terms of availability, harvest and flavor. This is usually the time when the item is the most affordable, and the freshest at the market. Every fruit and vegetable has a season, and it doesn't have to be warm outside for them to be in season... oranges are the perfect example of this! Oranges, like



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AN ORANGE IN JANUARY

LESSON CONT.

most other citrus fruits, are harvested fresh in the winter season (although they do not grow in cold climates... they prefer the warmer climates of California, Florida, and Texas). While fruit trees may lose their leaves in the winter, the orange trees retain theirs! And since we are fortunate enough to live in California, we don't have to wait for the fresh oranges like other parts of the country do. Not only are California-grown fruits and vegetables "in season" fresher, and more affordable, they are more environmentally friendly, since the pollution and energy usage created from the out-of-state transportation of produce is reduced!

THE LIFE OF AN ORANGE

The story follows an orange from blossom to ripe fruit, from tree to truck to market . . . and into our hands! Use a Flow Map® to sequence the stages and events of an orange's life. Example enclosed.

YOUR ORANGE IN JANUARY

Personalize the travels of an orange in January. Like the book, colorfully illustrate the path an orange during the winter takes from your grocery store, to your house, to your mouth! When and how do children eat the orange? Draw this as well.

AN ORANGE FANTASY

The child in the story had a very inventive imagination. He appreciated the orange not only for the nutritious enjoyment it provides, but also for its shape and beauty. He imagined himself juggling oranges, throwing them in a game of baseball, and using them as a crystal ball to tell the future; and at night dreamt that he and the orange were delighting in the warmth of summer. Have students use their imagination to conjure up other fantasies involving an orange, and narrate and illustrate them.

"THE BEST ONE OF ALL"

The child in the story appointed the title "the best one of all," to an orange he carefully selected. What are the characteristics to look for when choosing the "best" one? Activity and key enclosed.

RECAP

Have students name and/or draw 3 benefits of purchasing fruits and vegetables in season. Review the events that occur in the life of an orange, and traits to look for when selecting a fresh orange once they've arrived at the grocery store.

EXTENSION ACTIVITIES

- Ask students to do a scavenger hunt of the "CA-grown" fruits and vegetables at the market now. How many have stickers that say they are grown in Mexico, Chile, or another country?
- While there's no evidence that even megadoses of vitamin C prevent or cure colds, it is necessary for the growth and repair of tissue, wound healing, and the health of cartilage, bones, and teeth. Discuss these benefits, and how just one 3" orange provides over 100% of our daily needs!
- Talk about fresh fruits and vegetables of other seasons (e.g., strawberries and asparagus in the spring; melons, tree fruit, and squash in the summer; apples and pears in the fall).
- Explore the predominant nutrients of other winter produce. Discuss how nature provides the variety of nutrients throughout the seasons that we need to stay healthy.



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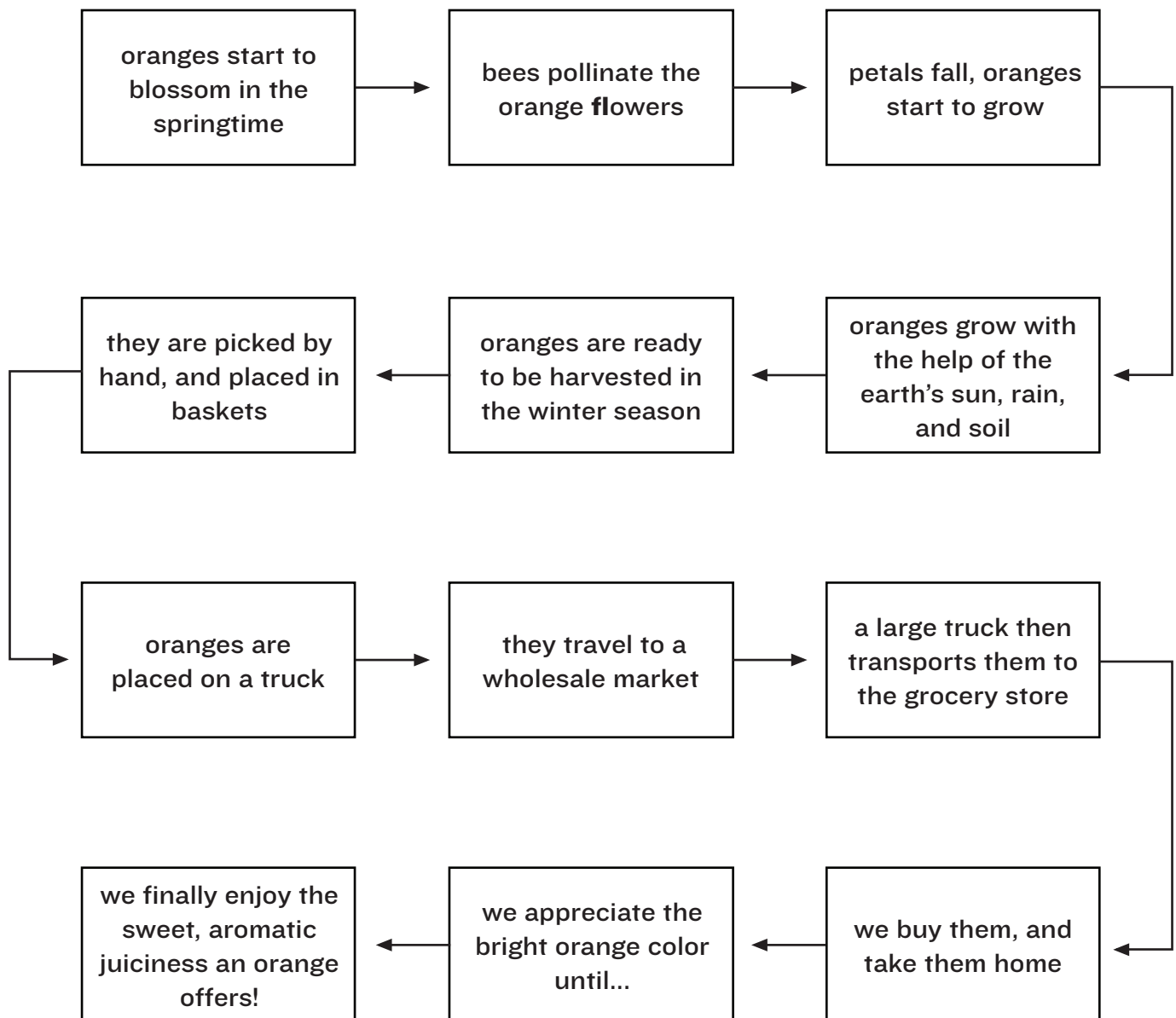


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ACTIVITIES

FLOW MAP® EXAMPLE

The Life Cycle of an Orange



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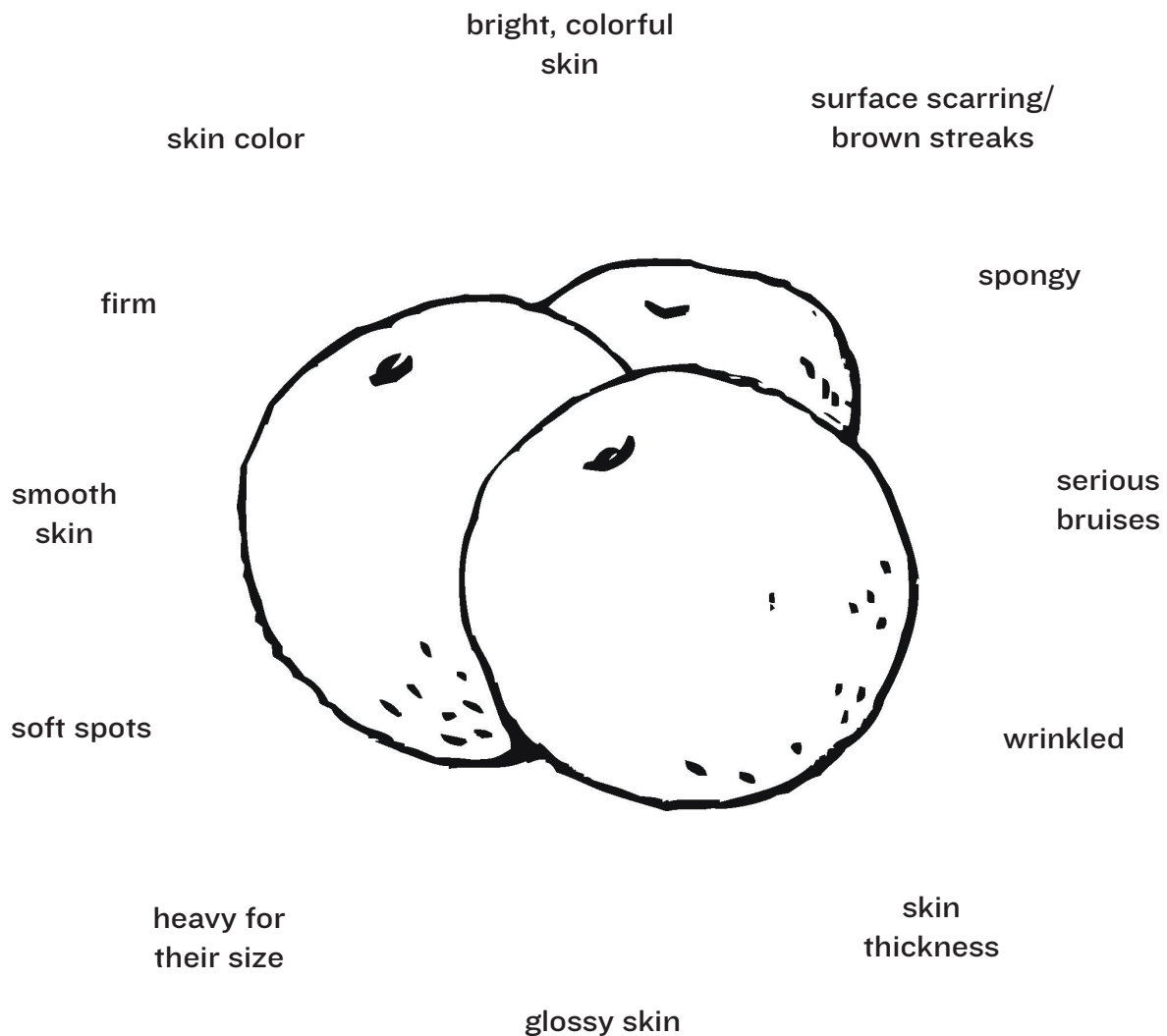


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ACTIVITIES

HOW TO PICK THE BEST ONE

What are the characteristics you should look for when selecting oranges at the grocery store? Circle the qualities you want to look for when picking out the **BEST** ones. Then, discuss your answers with the class. Some characteristics may surprise you!



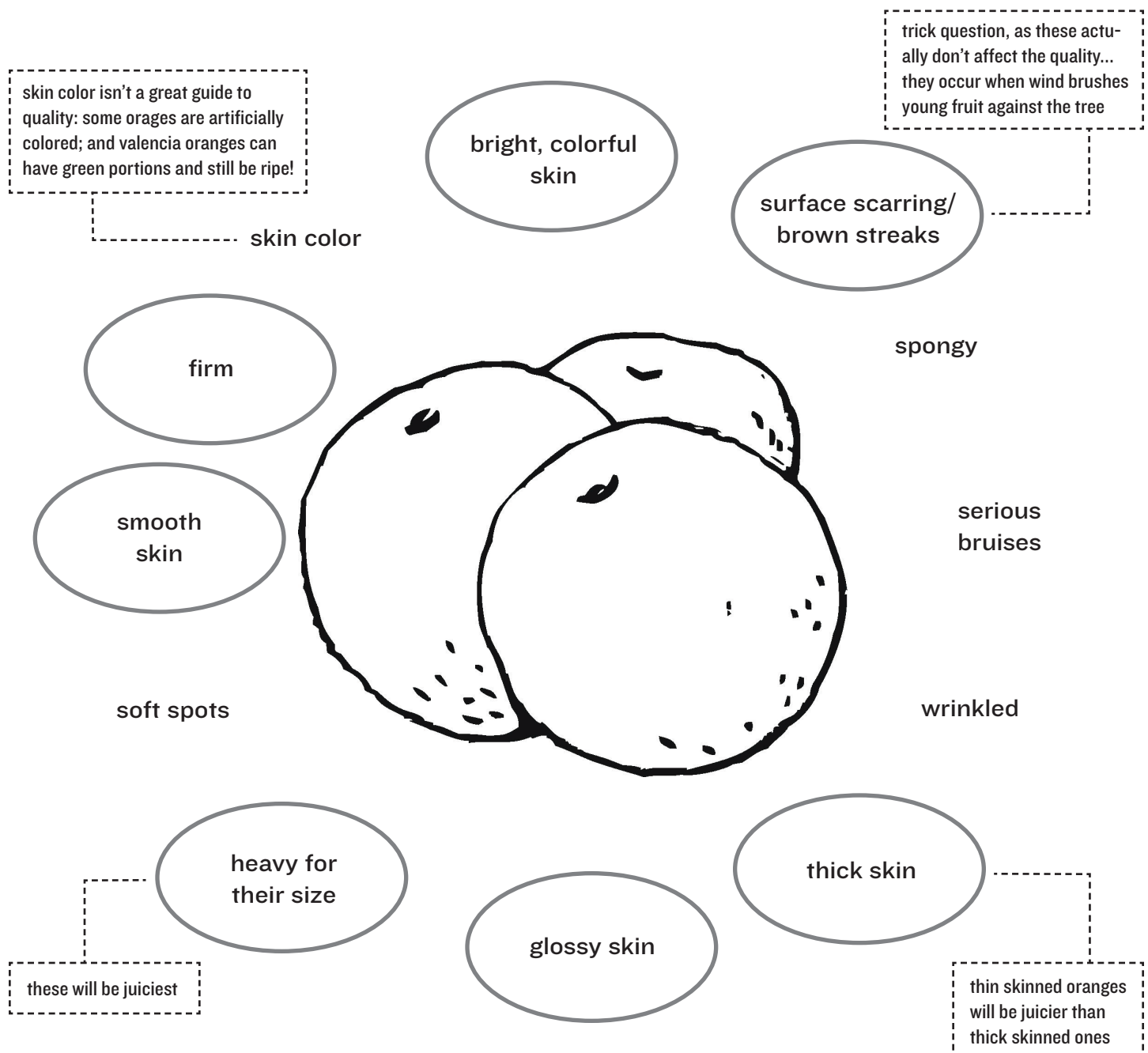
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ACTIVITIES

HOW TO PICK THE BEST ONE - KEY



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